

Fall 2010

2010 Friendship Invitational Program

Cedarville University

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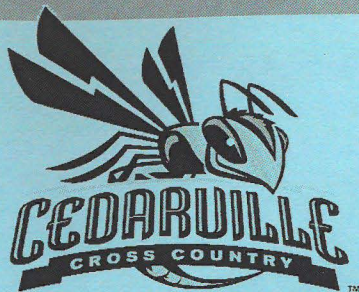


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RACE DAY

Saturday, September 18, 2010
Elvin R. King Cross Country Course

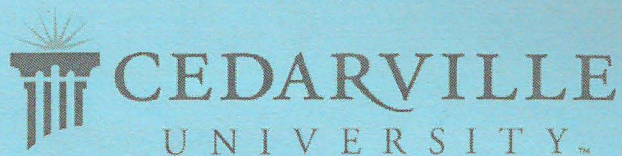


CEDARVILLE UNIVERSITY

ELVIN R. KING CROSS COUNTRY COURSE

FRIENDSHIP INVITATIONAL





September 18, 2010

Dear Cross Country Participant:

Welcome to Cedarville University and the 20th Annual Friendship Invitational at the Elvin R. King Cross Country Course. We at Cedarville are delighted to be the hosts for this wonderful event. Best wishes to each participating student-athlete as you participate in your respective races.

Again, we welcome each of you to Cedarville University, Greene County, and Southwestern Ohio. Have a *great* time of fellowship and competition!

Sincerely in Christ,

Bill Brown
President

cg

INSTRUCTIONS
20th ANNUAL CEDARVILLE UNIVERSITY
FRIENDSHIP INVITATIONAL

Saturday - September 18, 2010

RACE TIMES:

10:00 AM -	College Men
11:00 AM -	College Women
11:45 AM -	High School Boys-Blue & Gold Division together
12:30 PM -	High School Girls-Blue & Gold Division together
1:15 PM -	Jr. High Boys
1:45 PM -	Jr. High Girls

1. Teams should be at the starting line 10 minutes prior to the start time.
 2. Runners are responsible to make sure that they have their chips attached to each shoe, and the bib number attached to the front of their racing singlet.
 3. Each team/athlete will be responsible to be in their starting box, wearing their chips at the start of the race. There will be no formal "last minute instructions" prior to the gun.
 4. The announcer will announce the starting commands. The starting commands will be: "RUNNERS SET, AND THEN THE GUN".
 5. COACHES, PLEASE REMIND YOUR ATHLETES THAT ONCE THEY CROSS THE FINISH LINE, THEY NEED TO KEEP MOVING TOWARDS THE END OF THE FINISH CORRAL.
 6. ATHLETES WILL NOT BE PERMITTED TO LEAVE THE CORRAL UNTIL THEY HAVE REMOVED THE CHIPS FROM THEIR SHOES, AND LEAVE THEM WITH THE DESIGNATED CHIP COLLECTOR AT THE DESIGNATED CORRAL EXITS.
 7. FOR THE HIGH SCHOOL RUNNERS, THE TOP 30 IN EACH DIVISION, WILL RECEIVE AN AWARD. RESULTS FOR EACH DIVISION WILL BE POSTED, AND YOU WILL BE ABLE TO PICK YOUR AWARD UP AT THE DESIGNATED AWARD AREA.
 8. The top 2 teams in each division will receive a plaque coaches are responsible to pick up the awards.
 9. COLLEGE/JUNIOR HIGH RACES ARE ONE DIVISION. THE TOP 30 IN EACH RACE CAN PICK UP AWARDS AS SOON AS THE RESULTS ARE POSTED FROM EACH RACE.
 10. Results will be posted on a result board between the concession stand and the finish line. Results will also be posted on our website by late Saturday afternoon.
 11. Each coach may come and pick up a printed copy of results.
-
-

**Team Starting Box #'s
College/University – Coach**

1 & 2	
3 & 4	Otterbein College – Dave Lehman
5	Bluffton – Gary Labonte
6	Kentucky Christian – James Coates
7 & 8	University of the Cumberlands – Floyd Stroud
9 & 10	Wright State University – Fabien Corbillon
11 & 12	Capital University – Rachel Barends
13 & 14	Indiana Wesleyan Univ. – John Foss
15 & 16	Ohio Dominican Univ. – Paul Benedict
17-20	Tiffin University – Ron Martin
21-23	Denison University – Phil Torrens
24 & 25	Central State Univ. – Lynn Smith
26 & 27	Oakland Community College- Tony Baracco
28 & 29	Cleveland State Univ. – Joe Jaketic
30-32	Cedarville University- Paul Orchard, Men, Jeff Bolender, Women
33 & 34	Urbana University – Al Davenport
35	Cincinnati Christian – Eddie Atkinson
36	Univ. of Cincinnati – Bill Schnier
37 & 38	Ohio Valley University – Josh Derry
39	Miami Valley Track Club – Vince Peters

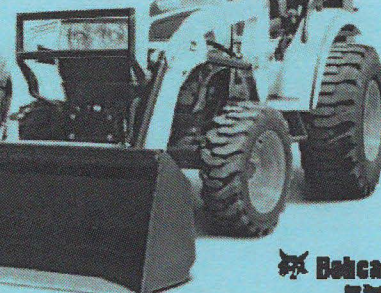
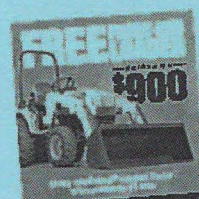
**Team Starting Box #'s
High School – Coach**

1 & 2	Wilmington – Eileen Grosse
3 & 4	London – Kevin Horne
5	Newton – Tiffany McBride
6	Emmanuel Christian – Chris Lundquist
7	Groveport Madison – Jay Brooks
8-11	Beavercreek – Ruth Wiley
12 & 13	Western Brown – Jim Neu
14	Xenia – Dave Oldiges
15	Madison Plains – Bridgett Shoemaker
16 & 17	Celina – Dan Otten
18	Summit Country Day – Kurtis Smith
19	Blanchester – Tony Blevins
20	Cedarville – Jim DeLange
21 & 22	Grove City Christian – Jeanna Diederich
23 & 24	Yellow Springs – Vince Peters
25	Greenview Dean Mullikin
26 & 27	Hillsboro – Tanya Hendrix
28	Middletown Christian – Barrett Swope
29	Little Miami – Phillip Grieshop
30	Clinton Massie – Dean Richardson
31 & 32	West Carrollton- Stephanie Hidalgo
33-35	Lasalle – Frank Russo
36	Miami Valley Christian Academy- Steve Krebsfanger
37	Bellbrook

**Team Starting Box #'s
Junior High – Coach**

- 1 & 2
- 3-6 Springboro – Chad Adams
- 7 Greenview – Dean Mullikin
- 8 Newton – Tiffany McBride
- 9-11 Ankeny – Katy Brashear
- 12-13 Xenia – Brian Mathes
- 14 Blanchester – Tony Blevins
- 15 Cedarville – Jim DeLange
- 16-19 Summit Country Day – Kurtis Smith
- 20 Grove City Christian –
Jeanna Diederich
- 21-22 Clinton Massie – Dean Richardson
- 23-24 Wilmington – Eileen Grosse
- 24-27 Ferguson – Tim Pinkerton
- 28-31 Bellbrook – Mike Millhouse
- 32-33 Emmanuel Christian –
Chris Lundquist
- 34 Hillsboro – Tracy Linder

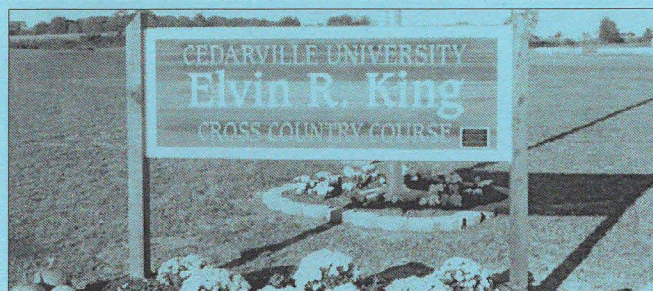
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ELVIN R. KING CROSS COUNTRY COURSE



A new era began in Cedarville University cross country with the opening of the Elvin R. King Cross Country Course. The venue was dedicated and named in honor of CU's Hall of Fame coach during Homecoming Weekend on Oct. 7, 2006.

The new home site, located at the north end of the campus just east of State Route 72, was constructed on 150 acres of property and was designed and built under the direction of former athletic director Pete Reese and King. Athletes run entirely on a grass course that includes rolling hills.

This unique venue, which meets all of the NCAA requirements for a cross country course, hosted its first meet on Sept. 16, 2006 with the 16th Annual Cedarville Invitational. Nearly 1,000 runners participated in eight races and both Yellow Jacket teams won the first-ever college races on the course.

The site annually hosts the Cedarville Open and continues to be the setting for the National Christian College Athletic Association Championships each November. Besides the high school and junior high competitions in the Friendship Invitational, the Ohio Heritage Conference has staged its championship meets on the course.

The primary cross country courses are the 5,000 meter layout for women and the 8,000 meter course for men. There is also a 3,200-meter course for junior high competition.

The Yellow Jackets called John Bryan State Park as its cross country home for the better part of four decades. The beautiful site served as host of the NCCAA Championships from 1978 through 1992 and again from 1995 through 2005. It also hosted the annual Cedarville Invitational, the NAIA District 22 Championship, the Mid-Ohio Conference Championship, the American Midwest Conference Championship, and a number of high school meets.

Meet records

Friendship Invitational on Elvin R. King Course

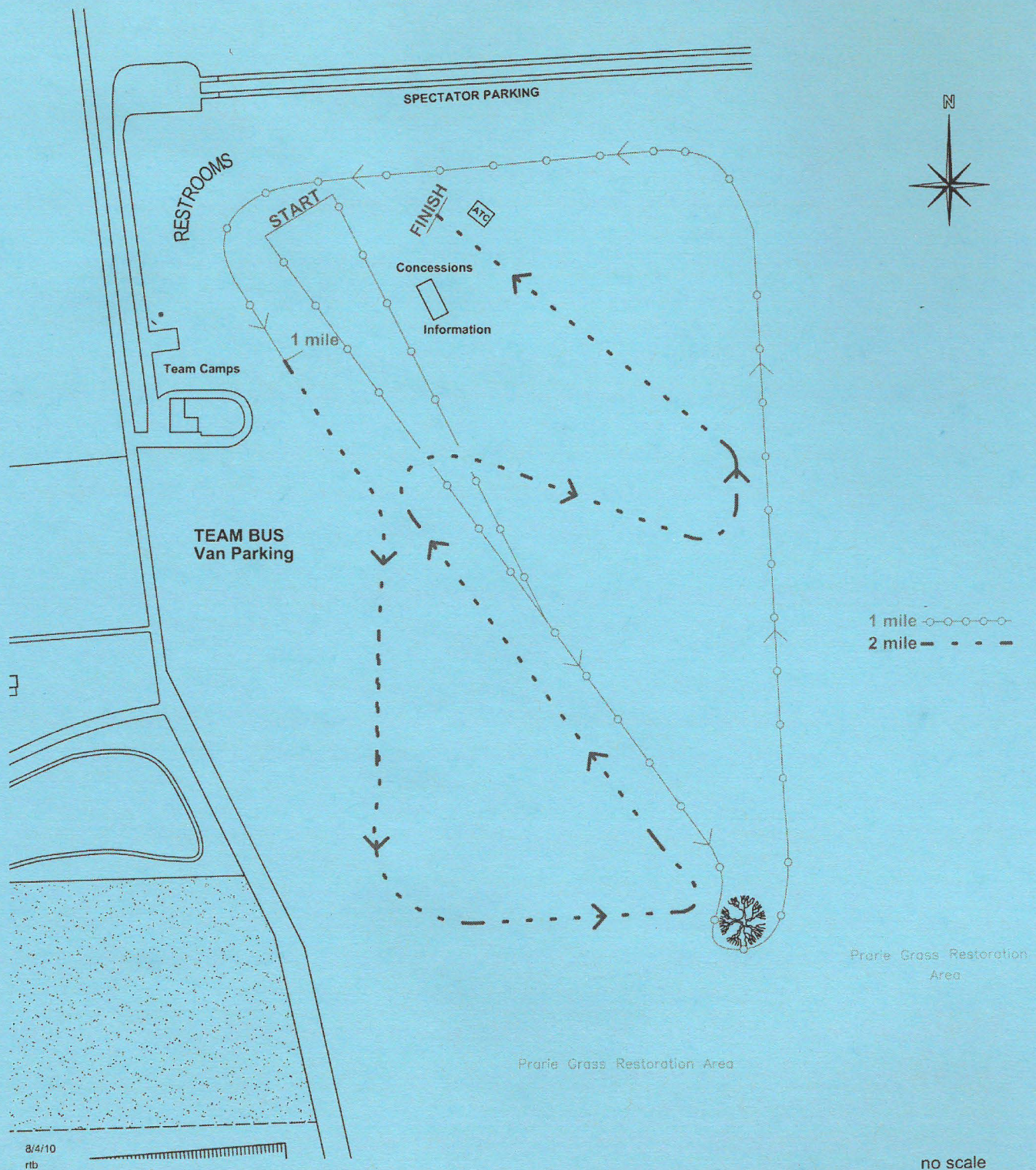
<u>Division</u>	<u>Athlete/School</u>	<u>Time</u>	<u>Date</u>
Univ./open women	Sarah Foster, Ohio State	17:24	Sept. 19, 2009
Univ./open Men	David Kawa, Berry College	24:50.56	Sept. 16, 2006
Boys Blue	Isaiah Bragg, Emmanuel Christian	16:10	Sept. 19, 2009
Girls Blue	Angela Klimkowski, Milton-Union	19:55.86	Sept. 15, 2007
JH Boys	Roman Fatica, Hillsboro MS	11:18	Sept. 19, 2009
JH Girls	Peyton Adkins, Gallia Academy	12:05.70	Sept. 15, 2007
Gold Boys	Andrew Goodwin, Celina	15:57	Sept.19, 2009
Gold Girls	Amanda Burger, Lakota West	18:04.59	Sept. 16, 2006

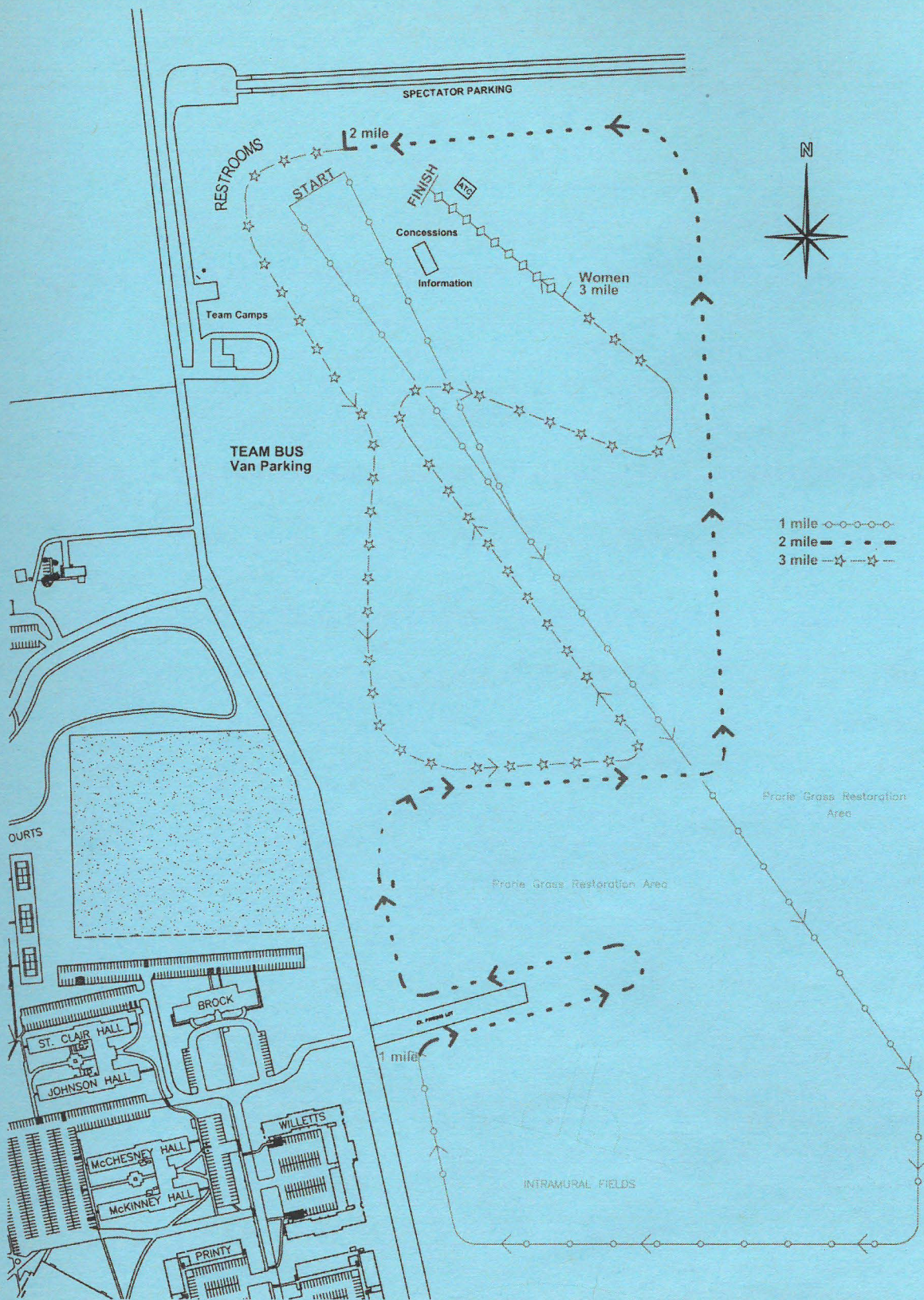
Elvin R. King Course Records

<u>Course</u>	<u>Athlete/School</u>	<u>Time</u>	<u>Date</u>
8k men	Noah Too, Mid-America Nazarene	24:45.60	Nov. 10, 2007
5k Univ. women	Sarah Foster, Ohio State	17:24	Sept. 19, 2009
5K HS Boys	Andrew Goodwin, Celina	15:57	Sept.19, 2009
5k HS Girls	Amanda Burger, Lakota West	18:04.59	Sept. 16, 2006
2 mile JH Boys	Roman Fatica, Hillsboro MS	11:18	Sept. 19, 2009
2 mile JH Girls	Peyton Adkins, Gallia Academy	12:05.70	Sept. 15, 2007

3200M Map

Elvin R. King Cross Country Course

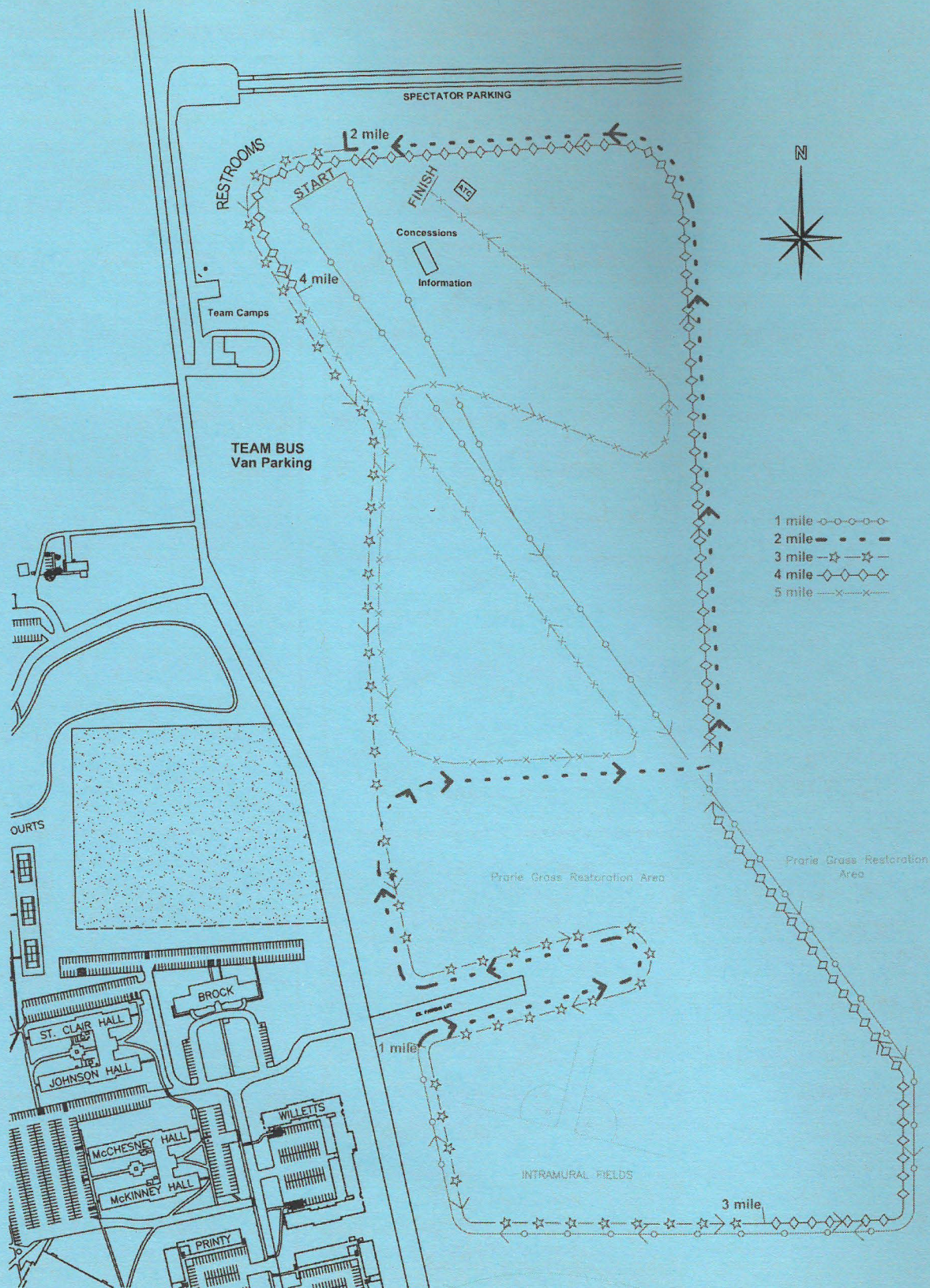




7/9/10
rtb

Elvin R. King Cross Country Course 5K route

no scale



5/27/10 rev. 3
rtb

Elvin R. King Cross Country Course 8K route

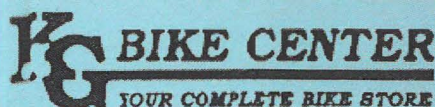
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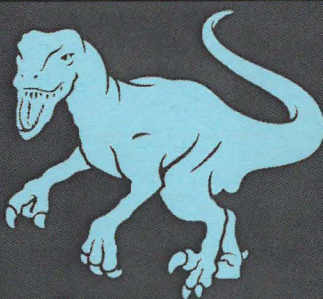


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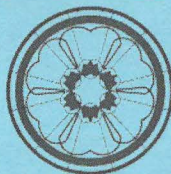
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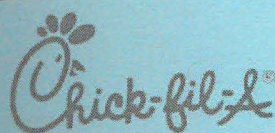
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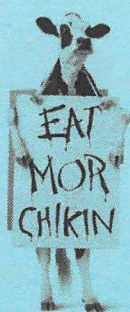
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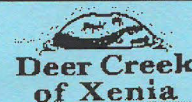
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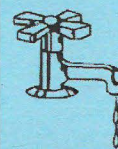


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